

# Fairfax Area Resources for **Caregivers of Older Adults**

Fairfax County, Virginia  
Department of Family Services, Adult and Aging Division



<b>CONCERN:</b> My relative...	<b>WHAT IS NEEDED</b>	<b>RESOURCES</b>
is moving to Fairfax County and needs help.	Information and assistance	Aging, Disability and Caregiver Resources Information Line 703-324-7948
is having difficulty grocery shopping.	Transportation (some grocery stores deliver - check yellow pages or grocery store Web sites)	MetroAccess (Americans with Disabilities Act Paratransit) 301-562-5361 FASTRAN 703-222-9764 Seniors-on-the-Go! (Fairfax County Department of Transportation) taxi vouchers 703-324-1172 Senior Express (assisted transportation) 703-324-7694 Community Volunteer Drivers 703-222-0880
	Prepared meals	Meals on Wheels (Fairfax Area Agency on Aging) 703-324-7948
	Volunteer shopper	Volunteer Services (Fairfax Area Agency on Aging) 703-324-5406
seems to be getting more forgetful and/or confused.	Assessment and evaluation	Consult with primary physician Case management assessment 703-324-7948
has dementia or other disability and cannot live alone.  (continued)	Information about home care Assessment and coordination of care	Aging, Disability and Caregiver Resources Information Line 703-324-7948
	Apply for Long-Term Care Medicaid	Fairfax County Department of Family Services - Self Sufficiency Division 703-324-7504/7622

CONCERN: My relative...	WHAT IS NEEDED	Page 4RESOURCESPage 5
has dementia or other disability and cannot live alone.	Housing options	<i>Guide to Retirement Living Source Book</i> 703-324-7948 Northern Virginia Long-Term Care Ombudsman 703-324-5861 (www.fairfaxcounty.gov/ombudsman)
has been diagnosed with a terminal illness.	Pain management Home care Emotional support and spiritual support Family grief counseling	Hospice of your choice (consult with physician or look for Hospice in Yellow Pages) Aging, Disability and Caregiver Resources Information Line 703-324-7948 Fairfax County Community Mental Health, Grief Program 703-866-2119 Haven of Northern Virginia 703-941-7000
is isolated and lonely.	Companionship and socialization	Senior Centers 703-324-7948 or 703-324-5544 Volunteer visits or telephone calls (Fairfax Area Agency on Aging) 703-324-7948
	Volunteer opportunities	Fairfax Area Agency on Aging 703-324-5406 (opportunities in programs such as: Friendship, Senior; Meals on Wheels; Long-Term Care Ombudsman; Pets on Wheels; Telephone Reassurance; VICAP [Virginia Insurance Counseling and Assistance Program]; and Volunteer Home Services for Seniors) RSVP (Retired and Senior Volunteer Program) 703-549-1607 Volunteer Fairfax 703-246-3460
is unsure of their medical coverage.	Coverage information	Medicare 1-800-444-4606 VICAP (Virginia Insurance Counseling and Assistance Program) 703-324-5851

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may become unable to make health-related and financial decisions.	Legal Advance Directives <ul style="list-style-type: none"> <li>Durable Power of Attorney for Health Care/Finance</li> <li>Living Will</li> </ul>		Legal Services of Northern Virginia Potomac Legal Aid Fairfax Lawyer Referral and Information Service	803-246-4500 703-532-2525 703-246-3780
needs more assistance and I am having to take more time off from work.	Home care services		Home care packet (Aging, Disability and Caregiver Resources Information Line	703-324-8948
	Evaluation and care planning		Aging, Disability and Caregiver Resources Information Line Ask about case management assessment	703-324-7948
	Adult Day Care		Adult Day Health Care for Older Adults (Fairfax County Health Department) <ul style="list-style-type: none"> <li>Annandale</li> <li>Braddock Glenn</li> <li>Herndon Harbor Center</li> <li>Lewinsville Center</li> <li>Lincolnia Center</li> <li>Mt. Vernon Center</li> </ul> Private adult day care <ul style="list-style-type: none"> <li>Leewood Adult Day Care Center</li> <li>Alzheimer's Family Day Center</li> </ul>	703-750-3316 703-978-0502 703-435-8729 703-734-1718 703-914-0226 703-704-6050 703-256-9770 703-204-4664
(continued)				

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needs more assistance and I am having to take more time off from work	Caregiver support groups	Caregiver Support Group list 703-324-7948 Check <i>Golden Gazette</i> and local newspapers
	Transportation assistance	FASTRAN 703-222-9764 MetroAccess 301-562-5361 Seniors-on-the-Go! and Taxi Access taxi vouchers 703-324-1172 Senior Express assisted transportation 703-324-7694 Community-based volunteer groups 703-222-0880 Volunteer Services (Fairfax Area Agency on Aging) 703-324-7948
takes a lot of my time and I need help.	Respite	Bathing and Respite Program 703-324-7948 Home Care Packet 703-324-7948
	Case Management Assessment	Aging, Disability and Caregiver Resources Information Line 703-324-7948 ElderLink 703-324-5374 Private Case Managers www.caremanager.org
	Information and Support	Caregiver’s Corner Online www.fairfaxcounty.gov/aaa Fairfax Caregiver Seminar Series Support group information 703-324-7948

<b>CONCERN:</b> My relative...	<b>WHAT IS NEEDED</b>	<b>RESOURCES</b>
is physically frail and falls.	Physical examination	Schedule with primary physician
	Occupational therapy assessment	Consult with physician for orders
	Case management assessment and evaluation	Aging, Disability and Caregiver Resources Information Line 703-324-7948
	Emergency alert system	Call Fairfax Area Agency on Aging for private resources 703-324-7948
is at risk of abuse, neglect or exploitation.	Report to Adult Protective Services	Fairfax County Department of Family Services Adult and Aging Services 703-324-7450
lives out of the area, and I need information on services there.	Help finding resources out of local area	Eldercare Locator – nationwide 1-800-677-1116 SeniorNavigator Web site – Virginia www.seniornavigator.org
<b>Web Sites for Resources</b>		
Fairfax Area Agency on Aging Department of Family Services Department of Transportation Eldercare Locator ElderLink <i>Golden Gazette</i> Online	<a href="http://www.fairfaxcounty.gov/aaa">www.fairfaxcounty.gov/aaa</a> <a href="http://www.fairfaxcounty.gov/dfs">www.fairfaxcounty.gov/dfs</a> <a href="http://www.fairfaxcounty.gov/transportation">www.fairfaxcounty.gov/transportation</a> <a href="http://www.eldercare.gov">www.eldercare.gov</a> <a href="http://www.fairfaxcounty.gov/aaa/ElderLink">www.fairfaxcounty.gov/aaa/ElderLink</a> <a href="http://www.fairfaxcounty.gov/aaa/ggonline.htm">www.fairfaxcounty.gov/aaa/ggonline.htm</a>	Northern Virginia Long-Term Care Ombudsman Caregiver’s Corner Online Disability Resources and News  <b>Not sure where to start?</b> <b>Call to talk with an aging specialist at 703-324-7948. This is a FREE county service.</b>



*Provided to you by:*

Fairfax County Department of Family Services  
Adult and Aging Division  
Fairfax Area Agency on Aging  
12011 Government Center Parkway, Suite 708, Fairfax, Virginia 22035-1104  
703-324-7948; TTY 703-449-1186  
**[www.fairfaxcounty.gov/aaa](http://www.fairfaxcounty.gov/aaa)**

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Fairfax County is committed to a policy of nondiscrimination in all county programs, services and activities and will provide reasonable accommodations upon request. To request this publication in an alternate format, please call 703-324-5870; TTY 703-222-9452.

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